

### Rethink your Drink

Can you guess the amount of sugar cubes in each drink?



Water	12 oz 1% chocolate milk	12 oz. Fruit Punch	12 oz. Soft drink	12 oz. Orange Juice
-------	-------------------------------	--------------------------	-------------------------	---------------------------

See the back to find out!

### What's in Season?

As we begin to approach the end of summer and the beginning of fall, there are many nutritious foods to choose from right here in Kewaunee County! Farmers markets are a great place to buy in season produce and will help support your neighbors and community along the way. Wondering what's in season? Here is a list of foods you can buy this fall to increase your families fruit and vegetable intake!

- Beets
- Squash
- Carrots
- Apples
- Basil
- Cantaloupe
- Green Beans
- Watermelon
- Kale
- Zucchini
- Cucumbers
- Cranberries
- Tomatoes



### Wash Those Germs Away!

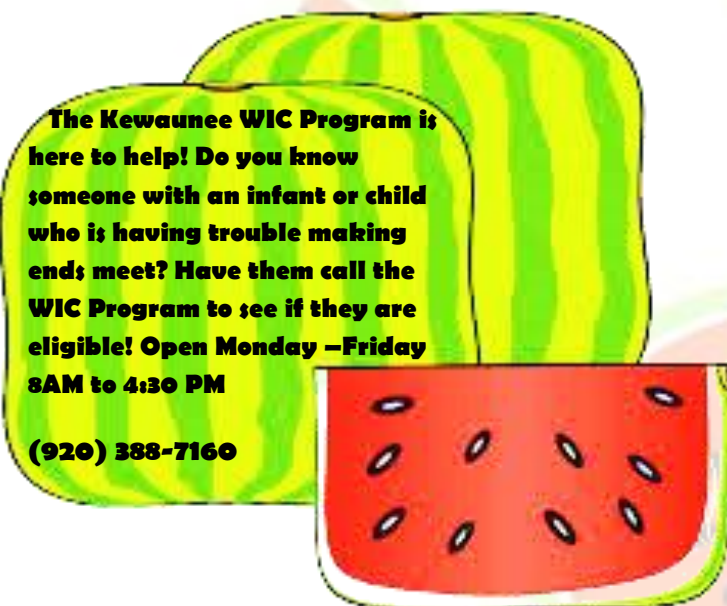
School is a common place to pick up germs that will make you sick! To stay healthy, follow these **four simple steps** after using the bathroom, before you eat, and if you or someone you know may be sick.

1. Wet your hands in **warm water**.
2. Use **soap** and lather up for about 20 seconds. You should be able to sing the ABCs slowly during this time. Make sure to scrub in between your fingers, under your nails and on the back of your hands.
3. **Rinse well** to remove all of the soap and germs.
4. **Dry** with a clean towel.



**The Kewaunee WIC Program is here to help! Do you know someone with an infant or child who is having trouble making ends meet? Have them call the WIC Program to see if they are eligible! Open Monday –Friday 8AM to 4:30 PM**

**(920) 388-7160**



## Fall Fun Walks

Ten ways to make a walk more enjoyable for your kids!

1. Play "I Spy"
2. Count different birds or animals
3. Dance, skip, or march
4. Walk in nature
5. Go on a bug hunt
6. Play follow the leader
7. Bring a ball to toss while walking
8. Take the dog with you
9. Pick wild flowers
10. Play 20 questions



## Roasted Vegetable Penne Pasta



This easy and delicious recipe makes a great meal during the fall months!

Yield: 8 servings

### Ingredients:

- 2 medium zucchini
- 1 medium eggplant
- 2 pints grape tomatoes
- 1/4 cup extra virgin olive oil
- 1 cup + 2 tablespoons Parmesan cheese (grated and divided)
- 3 cloves garlic, grated
- 1 pound dry penne pasta
- salt and pepper, to taste

### Directions:

1. Preheat oven to 400°. Prepare 2 cookie sheets by lining them with parchment paper.
2. Wash vegetables well. Dry and cut into bite size pieces, about 1/2".
3. Separate veggies between two pans and sprinkle with salt and pepper. Roast for 40-45 minutes, rotating top and bottom pan and stirring vegetables every 15 minutes. Once your vegetables start to brown around the edges, they are done.
4. Approximately 15 minutes before vegetables are done, prepare penne by bringing a large pot of water to a boil. Add pasta and a handful of salt. Cook according to package directions (approximately 7-10 minutes). Remove from heat when pasta is al dente. Drain. Pour pasta into a large serving bowl, add hot roasted vegetables on top.
5. Drizzle 1/4 cup olive oil over the top and add garlic and 1 cup cheese. Toss well to combine. Sprinkle top with Parmesan cheese and serve.

## Rethink your Drink



0 cubes



7 ½ cubes



9 cubes



10 ¼ cubes



11 ½ cubes



Beverage choices are just as important as food choices. Drinks with large amounts of added sugars are packed with extra calories and intake is associated with many health issues including weight gain, type 2 diabetes, and tooth decay. 100% juice can be a great source of some nutrients for kids, but only a small amount (4 to 6 oz), is recommended. Rethink your drinks to improve your family's health!

## Well Badger Resource Center

Call 1-800-722-2295 to receive services if you are pregnant or a postpartum woman with young children.